



Are You Getting A Good Night's Sleep?

Lack of sleep can affect you in many ways. Join Adrian Pristas, M.D., corporate medical director of Sleep Medicine at Hackensack Meridian *Health*, to learn about sleep disorders and tips to get a better night's rest.

TOPICS WE WILL EXPLORE:

- The importance of sleep for your health
- How to schedule your new normal
- Physical activity and sleep
- Tips for better sleep
- Signs and symptoms of sleep apnea
- Sleep testing options
- When to see a doctor

**THE WEBINAR WILL LAST
APPROXIMATELY 45 MINUTES
WEDNESDAY, OCTOBER 7 AT 11 A.M.**

**REGISTER [ONLINE](#)
or CALL 1-800-560-9990**

DURING REGISTRATION, PLEASE SUBMIT ANY
QUESTIONS YOU'D LIKE TO ASK DR. PRISTAS.

KEEP GETTING BETTER



Hackensack
Meridian *Health*